

# Premium Rates for Standard Individual Health Plans March 2010

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Chenango County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,035.28	\$1,353.15
Family	\$2,691.72	\$3,518.19

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798 4384**  
**800/722-7884**

	HMO	POS
Individual	\$1,422.54	\$1,635.22
Double	\$2,745.50	\$3,155.97
Family	\$3,670.15	\$4,218.87

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.36	\$1,432.65
Husband/Wife	\$2,310.72	\$2,865.30
Parent & Child(ren)	\$2,195.18	\$2,722.04
Family	\$3,235.01	\$4,011.42